

PANTHERS MARTIAL ARTS ACADEMY

Time Table – September'2026

	<u>Lil'Panthers</u> KICKBOXING Age 3 – 7	<u>Juniors</u> KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 7 – 16	<u>Juniors</u> JAPANESE JU JUTSU MIXED MARTIAL ARTS Age 7 – 16	<u>Adults</u> KICKBOXING K1- MUAY THAI TOTAL COMBAT Age 16+	<u>Adults</u> JAPANESE JU JUTSU MIXED MARTIAL ARTS Age 16+	<u>Adults</u> JAPANESE KENJUTSU BOJUTSU Age 16+	<u>Adults</u> BOXING KICKBOXING NONCONTACT Age 40+	<u>BodyMax</u> Fitness Age 16+
<u>Monday</u>	5.00pm / 5.50pm							6.30pm / 7.30pm
<u>Tuesday</u>		5.00pm / 6.00pm		6.00pm / 7.15pm	7.15pm / 9.00pm			
<u>Wednesday</u>			5.00pm / 6.00pm					6.30pm / 7.30pm
<u>Thursday</u>	4.00pm / 4.50pm	5.00pm / 6.00pm		6.00pm / 7.15pm	7.15pm / 9.00pm			
<u>Friday</u>			5.00pm / 6.30pm			6.45m / 8.15pm	9.30am / 10.30am	

